



FATHERS MAKE A DIFFERENCE NEWSLETTER

Being involved with your child makes all the difference in the world

December 2015

Issue 5



Wishing your family the best this Christmas

“When I share how I am feeling with you, it doesn’t make me feel manly, but please know I am trying to be the best I can for you and our child.”

- A Hays County Teen Father

A conversation he had with the mother of his child.

I’ll Be Home For Christmas

You may be home this Christmas, but there may be someone you love that will not be joining you. It could be a family member who passed away. It could be that you are not able to see your child or children this Christmas for whatever reason or you could be fresh out of a romantic relationship that did not end well. Times like these can be tough, especially during the holidays. In this issue of “Father’s Make A Difference”, we’ll address this and offer tips for success.

The Best Gift

Before you go into debt and spend the family savings this Christmas, remember, the best gift you can give your child is you. Spending time with your children is priceless. They will appreciate your gift, but your time will last for years to come. A friend recently shared that a father who had been absent from his daughters life had recently reappeared. The 16 year old girl has a new joy; a new outlook on life. Her father showing interest in her life has added to her self esteem and mended some old wounds. He is giving her his time. Presents are good, but don’t forget to give the gift of you.

Tune Ups

Cars need tune ups after so many miles and as dads, we do too. As 2015 closes out and 2016 arrives, we plan to offer more Father Workshops, Father/Child events, and our 24:7 Dad Groups. In November we put on an entertaining and educational talk show titled “Discipline vs Punishment: Who is the winner?” The men who attend our events and workshops walk out motivated to be the best dad they can and have sharpen skills to do it. We encouraged fathers to be engaged and plugged in to their family.



Child excited with his hat.



Child receiving a gift

Contact Us

Give us a call for more information about our services and program.

D. David Bryant,
Father Engagement
Specialist

512-667-7620, ext.306
512-393-4356 cell
dbryant@
communityaction.com

Alex Mylius
Home Visiting Program
Supervisor

512-396-3395, ext.209
amylius@
communityaction.com



Visit us on the web at
communityaction.com/
texas-home-visiting

Or Face book @
Texashomevisiting
hayscounty

**JOIN OUR FACEBOOK
GROUP :**

**FATHERS IN HAYS
COUNTY**

Joy to the World



By D. David Bryant

Men, besides taking care of your physical health through eating right, exercising, and going to annual doctor visits, we also should take care of our mental health. Mental health is the ability to adjust to and meet the demands of life. Doing positive things like working out, spending time with family, laughing and having fun can help you maintain good mental health for your family. "Yeah David, I understand that," you may say, but what do you when life takes a major blow?

The morning of Thanksgiving Day 2015, I was feeling down. I didn't not feel like baking the pies I had already committed to bringing to my sister's house later that day. I had to pull myself aside and have a check in with me. I found a quiet place in my home and begin to wander why I was feeling that way. Then I realized, I was missing my mother. My mother passed away almost 3 years ago. I had to admit to myself that I missed my mama. As tears streamed down my cheeks, I reflected, and let them fall. After I had my moment, I felt better.

As men, we don't always check in with our feelings. Society would say a man who cries and acknowledges his emotions is not tough; that he is not a real man. That is not true. As a society, when a little girl falls, we comfort her and let her cry, but usually when a little boy falls, we tell him that he is okay and to stop crying. "Be a man", one may tell him. Really? Let the child be a child. As the little boy stuffs his emotional into his inner self, he is taught to hide his emotions and that is not okay to share how he feels.

Holidays are a great time of the year, but not for everyone. Between financial challenges at Christmas time, family conflict, poor eating and drinking habits, loss, and break-ups, it's easy for the holiday season to turn dark and lead to a depressed state. When we think of depression, we might think of women, but according to a recent survey with the Center for Disease Control (CDC) 1 in 10 American men suffer from depression or anxiety and less than half get treatment. We hardly ever think of dads dealing with depression.

So what do you do with this information? As men, I think we should prepare. **Are you dealing with a loss of a parent, child, or relationship?** If so, then:

1. Acknowledge your feelings rather than hiding and stuffing them down. Bottling feelings up can affect our health and cause us to explode in anger on people who may not deserve it.
2. Reflect on why you are feeling the way you are
3. Exercise
4. Spend some time outside
5. Talk to friends or a trusted individual about how you are feeling

Are you dealing with not being able to see your children as often as you want during the holidays or not at all? In October I spoke to a Houston waitress who had her children taken away because of a drug problem. She had become sober and had begun to do little things to show her children she cared as she worked to put her life back together and gain full custody again. So dads, we can do the little things that show our children we care when they are not with us on a daily basis.

1. Write them letters. Mail them if their mother will allow them to receive. Save them and give them to them at a later date, if not.
2. Call them, text, email them, Facebook them, leave them a voice mail, or video chat if you can.
3. Draw them a picture and send it or save it.
4. Record or Read them a story.
5. Buy or make them a greeting card and/or present.

Being involved with your child makes all the difference in the world

